

## USDA National Nutrient Database for Standard Reference Release 28

## Full Report (All Nutrients) 03021, Babyfood, meat, meat sticks, junior

Report Date: October 26, 2015 06:00 EDT

Nutrient values and weights are for edible portion.

## Food Group : Baby Foods

Carbohydrate Factor: 2.7 Fat Factor: 8.7 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 stick 10g	1 jar 71g	1 jar Gerber Graduate (2.5 oz) 71g
<b>Proximates</b>							
Water	g	69.50	6	0.200	6.95	49.34	49.34
Energy	kcal	184	--	--	18	131	131
Energy	kJ	770	--	--	77	547	547
Protein	g	13.40	7	0.200	1.34	9.51	9.51
Total lipid (fat)	g	14.60	6	0.100	1.46	10.37	10.37
Ash	g	1.40	5	0.000	0.14	0.99	0.99
Carbohydrate, by difference	g	1.10	--	--	0.11	0.78	0.78
Fiber, total dietary	g	0.2	--	--	0.0	0.1	0.1
Sugars, total	g	0.80	--	--	0.08	0.57	0.57
<b>Minerals</b>							
Calcium, Ca	mg	34	13	1.000	3	24	24
Iron, Fe	mg	1.38	13	0.020	0.14	0.98	0.98
Magnesium, Mg	mg	11	--	--	1	8	8
Phosphorus, P	mg	103	1	--	10	73	73
Potassium, K	mg	114	1	--	11	81	81
Sodium, Na	mg	423	--	--	42	300	300
Zinc, Zn	mg	1.90	--	--	0.19	1.35	1.35
Copper, Cu	mg	0.068	--	--	0.007	0.048	0.048
Selenium, Se	µg	13.3	3	0.577	1.3	9.4	9.4
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	2.4	12	0.100	0.2	1.7	1.7
Thiamin	mg	0.059	15	0.000	0.006	0.042	0.042
Riboflavin	mg	0.172	13	0.012	0.017	0.122	0.122

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 stick 10g	1 jar 71g	1 jar Gerber Graduate (2.5 oz) 71g
Niacin	mg	1.481	13	0.056	0.148	1.052	1.052
Pantothenic acid	mg	0.481	--	--	0.048	0.342	0.342
Vitamin B-6	mg	0.080	4	0.000	0.008	0.057	0.057
Folate, total	µg	3	--	--	0	2	2
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	3	--	--	0	2	2
Folate, DFE	µg	3	--	--	0	2	2
Choline, total	mg	56.8	--	--	5.7	40.3	40.3
Vitamin B-12	µg	0.29	--	--	0.03	0.21	0.21
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	21	--	--	2	15	15
Retinol	µg	21	--	--	2	15	15
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	69	--	--	7	49	49
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.28	--	--	0.03	0.20	0.20
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.2	--	--	0.0	0.1	0.1
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	0.0	0.1	0.1
Vitamin D	IU	9	--	--	1	6	6
Vitamin K (phylloquinone)	µg	0.5	--	--	0.0	0.4	0.4
<b>Lipids</b>							
Fatty acids, total saturated	g	5.820	1	--	0.582	4.132	4.132
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.010	1	--	0.001	0.007	0.007
12:0	g	0.020	1	--	0.002	0.014	0.014
14:0	g	0.250	1	--	0.025	0.178	0.178
16:0	g	3.570	1	--	0.357	2.535	2.535

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 stick 10g	1 jar 71g	1 jar Gerber Graduate (2.5 oz) 71g
18:0	g	1.780	1	--	0.178	1.264	1.264
Fatty acids, total monounsaturated	g	6.480	1	--	0.648	4.601	4.601
16:1 undifferentiated	g	0.460	1	--	0.046	0.327	0.327
18:1 undifferentiated	g	5.890	1	--	0.589	4.182	4.182
20:1	g	0.070	1	--	0.007	0.050	0.050
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.590	1	--	0.159	1.129	1.129
18:2 undifferentiated	g	1.460	1	--	0.146	1.037	1.037
18:3 undifferentiated	g	0.070	1	--	0.007	0.050	0.050
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.060	1	--	0.006	0.043	0.043
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	70	--	--	7	50	50
<b>Amino Acids</b>							
Tryptophan	g	0.092	--	--	0.009	0.065	0.065
Threonine	g	0.581	--	--	0.058	0.413	0.413
Isoleucine	g	0.667	--	--	0.067	0.474	0.474
Leucine	g	1.042	--	--	0.104	0.740	0.740
Lysine	g	1.034	--	--	0.103	0.734	0.734
Methionine	g	0.309	--	--	0.031	0.219	0.219
Cystine	g	0.073	--	--	0.007	0.052	0.052
Phenylalanine	g	0.607	--	--	0.061	0.431	0.431
Tyrosine	g	0.521	--	--	0.052	0.370	0.370
Valine	g	0.691	--	--	0.069	0.491	0.491
Arginine	g	0.871	--	--	0.087	0.618	0.618
Histidine	g	0.461	--	--	0.046	0.327	0.327
Alanine	g	0.785	--	--	0.078	0.557	0.557
Aspartic acid	g	1.126	--	--	0.113	0.799	0.799
Glutamic acid	g	2.023	--	--	0.202	1.436	1.436
Glycine	g	0.682	--	--	0.068	0.484	0.484
Proline	g	0.759	--	--	0.076	0.539	0.539

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 stick 10g	1 jar 71g	1 jar Gerber Graduate (2.5 oz) 71g
Serine	g	0.495	--	--	0.050	0.351	0.351
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0